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Benefits of Healthy Eating for Adults

AT A GLANCE

Use the graphic below to show the many benefits of healthy eating for adults. Among the benefits are stronger bones, enhanced immunity, and lower risk of some diseases.






Benefits

- May help you live longer.
- Keeps skin, teeth, and eyes healthy.
- Supports muscles.
- Boosts immunity.
- Strengthens bones.
- Lowers risk of heart disease, type 2 diabetes, and some cancers.
- Supports healthy pregnancies and breastfeeding.
- Helps the digestive system function.
- Helps achieve and maintain a healthy weight.





[Download Full File](#)

- [Dietary Guidelines for Americans, 2020-2025](#) 
- [Vitamins and Minerals for Women, Office on Women's Health, US Department of Health and H](#)
- [MedLine Plus, US National Library of Medicine](#) 
- [Dietary Supplement Fact Sheets, Office of Dietary Supplements, National Institutes of Health](#) 

See similar information in Spanish.

Keep Reading:

Steps for Improving Your Eating Habits

SOURCES

CONTENT SOURCE:

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)